

A double-blind randomized placebo-controlled phase III study of a *Pseudomonas aeruginosa* flagella vaccine in cystic fibrosis patients

Gerd Döring^{*†}, Christoph Meisner[‡], and Martin Stern[§] for the Flagella Vaccine Trial Study Group[¶]

^{*}Institute of Medical Microbiology and Hygiene, Wilhelmstrasse 31, D-72074 Tübingen, Germany; [†]Institute for Medical Information Processing, Westbahnhofstrasse 55, 72074 Tübingen, Germany; and [§]Children's Hospital, Universitätsklinikum, Hoppe-Seyler-Strasse 1, 72076 Tübingen, Germany

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Pseudomonas aeruginosa causes life-threatening lung infections in patients with cystic fibrosis. We hypothesized that vaccination may prevent *P. aeruginosa* lung infection. In a double-blind, placebo-controlled, multicenter trial, 483 European patients, 2–18 years of age without *P. aeruginosa* colonization were randomly assigned to receive four intramuscular injections of a bivalent *P. aeruginosa* flagella vaccine or placebo over a 14-month period. Patients were evaluated quarterly for *P. aeruginosa*-positive throat cultures and antipseudomonal serum antibody titers during the study period of 2 years. The vaccine was well tolerated, and the patients developed high and long-lasting serum anti-flagella IgG titers. In the intention-to-treat group (all patients enrolled), 82 of 239 vaccinated patients had *P. aeruginosa* infection and/or antipseudomonal serum titers compared with 105 of 244 patients in the placebo group ($P = 0.05$; relative risk: 0.80; 95% CI: 0.64–1.00). Analysis of the 381 patients in the per-protocol group, who received all four vaccinations or placebo treatments, revealed 37 of 189 patients with infection episodes in the vaccine group compared with 59 of 192 patients with such episodes in the placebo group ($P = 0.02$; relative risk: 0.66; 95% CI: 0.46–0.93). *P. aeruginosa* strains, exhibiting flagella subtypes included in the vaccine, were significantly less frequently isolated from vaccinees than from placebo controls ($P = 0.016$, relative risk: 0.319; 95% CI: 0.12–0.86). Chronic *P. aeruginosa* infection was rare because of recent institution of early antibiotic eradication regimes. Active immunization of patients with cystic fibrosis lowers the risk for infection with *P. aeruginosa* and therefore may contribute to a longer survival of these patients.

In patients with cystic fibrosis (CF), life-threatening chronic *Pseudomonas aeruginosa* lung infections are the leading cause of morbidity and mortality (1), and $\approx 80\%$ of adult patients with CF are infected with the pathogen (2, 3). The development of mucoid *P. aeruginosa* phenotypes (4) and the high viscosity of mucous plugs prevent the effective killing of the pathogen by neutrophils and antibiotics, leading to chronic infection (5). Consequently, antibiotic-resistant *P. aeruginosa* strains evolve that hamper adequate therapy with these drugs. Although the prevalence of chronic *P. aeruginosa* lung infection in CF has decreased recently in some countries because of early antibiotic therapy, prevention of *P. aeruginosa* lung infection by immunization may represent a suitable alternative strategy in CF. No vaccine for *P. aeruginosa* infections in CF patients has yet shown efficacy in a clinical trial (6–8).

We have previously described the safety and immunogenicity of monovalent *P. aeruginosa* flagella vaccines in man (9, 10). In healthy human adults, intramuscular immunization resulted in high and long-lasting serum antibody titers against flagella antigens (9). Intramuscular immunization also elicited specific antibodies to flagella of the IgG, IgA, and secretory IgA Ig isotypes in the secretory immune system of healthy humans (10). *P. aeruginosa* strains that initially colonize CF patients are generally flagella-positive, composed of “a” and/or “b” flagella subtypes (11, 12). Antibodies to *P. aeruginosa* flagella induced by either active or passive immunization are protective in various

animal-infection models (9, 13, 14) and could prevent acute and/or chronic infection in CF patients. Therefore, we immunized CF patients not colonized with *P. aeruginosa*, by using a bivalent *P. aeruginosa* flagella vaccine, containing some of the flagella subtype antigens (a₀a₁a₂ and b) according to the flagella typing scheme of Ansorg (12), to evaluate its safety and efficacy. We hypothesized that the vaccine would significantly lower the frequency of *P. aeruginosa* infection in CF patients by at least 66%. This rather low value was chosen on the basis of previous vaccine trials in CF patients that did not show protection against *P. aeruginosa* infection (6–8).

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Abbreviations: CF, cystic fibrosis; CI, confidence interval; FEV₁, forced expiratory volume in 1 second; ITT, intention-to-treat; PP, per-protocol; PTT, partial thromboplastin time.

[†]To whom correspondence should be addressed at: Institute of Medical Microbiology and Hygiene, Wilhelmstrasse 31, D-72074 Tübingen, Germany. E-mail: gerd.doering@med.uni-tuebingen.de.

[¶]Flagella Vaccine Trial Study Group: S. Brömme^a, T. Lietz^b, K. Steppberger^b, M. Classen^c, W. Wiebecke^d, H.-E. Heuer^e, H.-G. Posselt^f, G. Dockter^g, D. Reinhardt^h, M. Griesel^h, S. Beck^h, A. Waag^h, S. Beer^h, G. Ramakers^h, J. Rosenecker^h, R. Bertele-Harmsⁱ, H. K. Harmsⁱ, K.-D. Pauli^j, J. Günther^k, G. Krandick^l, R. J. Franz^l, H. Segerer^m, H. Boehmⁿ, V. Sollich^o, A. Schuster^p, S. Freude^p, M. Schürmann^p, F. Gudovius^p, H. Lindemann^q, P. Bittner-Dersch^q, G. Hülts^q, M. Ballmann^r, S. Junge^r, H. von der Hardt^r, C. Rieger^s, N. Teig^s, F. Ratjen^t, H. V. Bärmeier-Wasmuth^u, A. Hebestreit^v, R. Weis^w, W. Rauh^w, A. Giunta^x, D. Costantini^x, L. Marianelli^y, G. Taccetti^y, G. Bellon^z, A. Munck^{aa}, B. Gerardin^{aa}, P. Foucaud^{bb}, C. Ajzenman^{bb}, I. Eichler^{cc}, S. Renner^{cc}, and R. Rath^{cc}.

^aZentrum für Kinderheilkunde, Klinikum Kröllwitz, Martin-Luther-Universität Halle-Wittenberg, D-06099 Halle, Germany; ^bKlinik und Poliklinik für Kinder und Jugendliche der Universität Leipzig, D-04317 Leipzig, Germany; ^cZentralkrankenhaus Links der Weser, Klinik für Kinder- und Jugendmedizin, 28277 Bremen, Germany; ^dZentralkrankenhaus St.-Jürgen-Strasse, Prof.-Hess-Kinderklinik, 28205 Bremen, Germany; ^ePraxis Dr. Heuer/Dr. Runge/Dr. Sextro, 22763 Hamburg, Germany; ^fZentrum für Kinderheilkunde, Klinikum der Johann Wolfgang Goethe-Universität, 60596 Frankfurt, Germany; ^gUniversitätskinderklinik, 20246 Hamburg, Germany; ^hKinderpoliklinik der Universität München, 80539 Munich, Germany; ⁱDr. von Haunersches Kinderspital der Universität München, 80337 Munich, Germany; ^jUniversitäts-Kinderklinik, 01307 Dresden, Germany; ^kPraxis Dr. Günther, 091216 Chemnitz, Germany; ^lKinderklinik Schwabing der Technischen Universität München, 80804 Munich, Germany; ^mKinder- und Jugendmedizin der Klinik St. Hedwig, 93049 Regensburg, Germany; ⁿKrankenhaus für Kinder- und Jugendliche, 86156 Augsburg, Germany; ^oKlinik für Kinderheilkunde Otto-von-Guericke-Universität Magdeburg, 39106 Magdeburg, Germany; ^pZentrum für Kinderheilkunde, Heinrich-Heine-Universität, 40225 Düsseldorf, Germany; ^qZentrum für Kinderheilkunde, Universität Giessen, 35392 Giessen, Germany; ^rKinderklinik der Medizinische Hochschule Hannover, 30559 Hannover, Germany; ^sKlinik für Kinder und Jugendmedizin im St. Joseph-Hospital Bochum, Universitätsklinik Bochum, 44787 Bochum, Germany; ^tKlinik und Poliklinik für Kinder- und Jugendmedizin, Universitätsklinikum Essen, 45147 Essen, Germany; ^uKlinik mit Poliklinik für Kinder und Jugendliche der Friedrich-Alexander-Universität Erlangen-Nürnberg, 91054 Erlangen, Germany; ^vKinderklinik und Kinderpoliklinik der Universität Würzburg, 97074 Würzburg, Germany; ^wKinderabteilung Mutterhaus, Mutterhaus der Borromäerinnen, 54290 Trier, Germany; ^xClinica Pediatrica II dell'Università di Milano, 20122 Milan, Italy; ^yDipartimento di Pediatria “Cesare Cocchi,” Ospedale Meyer, 50132 Florence, Italy; ^zHopital Lyon Sud, 69495 Pierre-Bénite, France; ^{aa}Hopital Robert Debré, 75935 Paris, France; ^{bb}Centre Hospitalier de Versailles, Hopital André Mignon, 78157 Le Chesnay Cedex, France; and ^{cc}Universitäts-Kinderklinik, Allgemeines Krankenhaus, A-1010 Vienna, Austria.

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Table 2. Subjects with CF enrolled (ITT) and fully vaccinated patients (PP) with *P. aeruginosa* lung colonization/infection or chronic infection

Group	Primary endpoint I		Primary endpoint II	
	<i>P. aeruginosa</i> infection		Chronic <i>P. aeruginosa</i> infection	
	ITT	PP	ITT	PP
Vaccine	82/239* (34.4) [†]	37/189 (19.6)	26/239* (10.9)	6/189 (3.2)
Placebo	105/244 (43.0)	59/192 (30.7)	29/244 (11.9)	12/192 (6.3)
<i>P</i>	0.05	0.02	0.70	0.13
Relative risk	0.80	0.66	0.91	0.49
95% C.I.	0.64–1.00	0.46–0.93	0.55–1.49	0.19–1.25

*Number of patients with minimum of one acute *P. aeruginosa* infection episode during the study period/total patients.

[†]Percentage.

*Number of patients with chronic *P. aeruginosa* infection/total patients.

relative risk: 0.319; 95% C.I.: 0.12–0.86). Fifty-eight of the bacterial isolates (73%) (isolated from 25 vaccinees and 33 placebo patients) did not react with any of the antibodies directed against flagella subtypes a₀a₁a₂ or b, present in the flagella vaccine preparation, although 55 of these strains were motile. This indicated that the majority of patients with positive *P. aeruginosa* isolates had been colonized with strains that exhibited a flagella subtype that was not related to the vaccine antigens.

***P. aeruginosa* Flagella Antibody Titers.** Intramuscular immunization with protein antigens generally leads to high serum antibody titers in vaccinees. When antibody titers against the two flagella antigens present in the vaccine preparation were assessed after the termination of the study, patients in the vaccine group revealed a vigorous immune response to the vaccine antigens Fla1210 and Fla5142 (Fig. 2). Prevacination, reciprocal serum anti-flagella IgG titers of all patients from whom serum samples were available ($n = 190$), measured by ELISA, were $<1,500$. Titers increased 4 weeks after the first vaccination to a mean of 7,000 and 7,200 in the vaccine group for Fla1210 and Fla5142, respectively, and remained highly positive during the study period. In contrast, patients in the placebo group had negative anti-flagella IgG titers $<1,000$ when measured at week 20 (Fla 1210, $P < 0.0001$; median difference vaccine/placebo, 5,940; C.I. 95%, 5,944–6,001; Fla 5142, $P < 0.0001$; median difference vaccine/placebo, 7,958; C.I. 95%, 791–8,000).

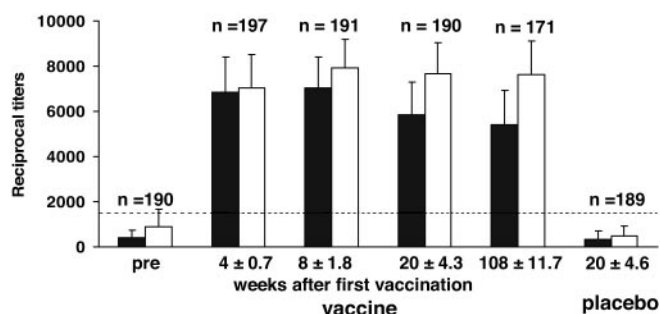


Fig. 2. The bivalent *P. aeruginosa* flagella vaccine elicits high and long-lasting specific serum antibody titers against two flagella subtypes in patients with CF. Antibody titers were determined with subtype-specific ELISAs. Filled bars, flagella subtype a₀a₁a₂; open bars, flagella subtype b; n, numbers of patients examined. Time points for the serum collection are given in weeks (mean \pm SD). The dotted line represents the cut-off titer, distinguishing negative from positive titers.

Adverse Effects. In general, vaccination was well tolerated by the patients. Less than 5% of the patients suffered from pressure sensitivity within 1 hour after vaccination (SI Table 3). A total of 318 adverse events were registered during the study period within 1 week after vaccination: 227 in the vaccine group and 91 in the placebo group. From these, 312 were classified as moderate or mild, and all patients completely recovered. Five adverse effects were classified as severe (SI Table 4). One event was classified with a definite relationship to the study medication, whereas four adverse effects had no, or an improbable, relationship to the study medication. All but one patient recovered completely from the adverse effect. One adverse effect, not related to the study medication, resulted in death of the patient.

Discussion

We have demonstrated that active immunization of patients with CF with the bivalent *P. aeruginosa* flagella vaccine is safe and immunogenic and protects some, but not all, patients against an initial episode of *P. aeruginosa* infection. Local reactions after vaccination were generally mild and resembled those associated with other childhood immunizations. Intramuscular administration of three injections of the vaccine at monthly intervals with a booster 1 year after the third vaccination, led to high concentrations of long-lived flagella-specific serum IgG antibodies. Based on a previous study (10), it is highly likely that the intramuscular injection of the vaccine also elicited flagella-specific antibodies of the IgG, IgA, and secretory IgA Ig types in the lung mucosa. A reduction in acute *P. aeruginosa* infection and a reduction in the development of antibody titers to *P. aeruginosa* alkaline protease, elastase, and exotoxin A, (primary endpoint I) was observed during the study period in the ITT vaccine group vs. the placebo group, which did not reach significance ($P = 0.05$; 95% C.I., 0.64–1.00, Table 2). However, this reduction was significant in the 381 patients of the PP group: 30.7% of patients in the placebo group were colonized with *P. aeruginosa*, whereas, in the vaccine group, only 19.6% of the patients were colonized ($P = 0.02$; 95% C.I., 0.46–0.93). The PP group was implemented in the study before its start, to exclude patients from the analysis who did not follow precisely the study protocol including quarterly CF center visits and, particularly, those who did not receive all four vaccinations.

Several mechanisms may explain how antibodies to flagella mediate protection from *P. aeruginosa* infection. They may inhibit bacterial adhesion to host cells and molecules, reduce host cell reactions leading to inflammation, block mobility and invasiveness of the pathogen, or induce opsonophagocytosis (13–18). The present findings that acute airway infection of CF patients with *P. aeruginosa* strains, exhibiting a flagella subtype included in the vaccine preparation, is observed less frequently

in vaccinees compared with the patients in the placebo group, suggest that opsonophagocytosis and killing of these strains is a major consequence of high antibodies titers to flagella in the vaccine group.

Although we have established an important principle for the prevention of acute *P. aeruginosa* infection in CF patients, the analysis of the flagella types in *P. aeruginosa* isolates by using the monoclonal antibodies PAM2 and PAM26 also suggests that the inclusion of other *P. aeruginosa* flagella types (19) in a future pentavalent vaccine preparation may improve protection against *P. aeruginosa* in CF patients. This notion is based on the findings that the majority of patients with positive *P. aeruginosa* isolates had been infected with strains that exhibited a flagella type that was not related to the vaccine antigens. A similar finding with regard to the existing heptavalent conjugate vaccine against *Streptococcus pneumoniae* spurred development of newer vaccines containing 9 or 11 capsular polysaccharide antigens.

Advances in the diagnosis and care of CF patients have not changed the time for initial acquisition of oropharyngeal *P. aeruginosa*. In a recent publication, the median age at first *P. aeruginosa* infection was 1 year (20). However, successful strategies with antibiotic therapy that aim to eradicate *P. aeruginosa* from CF airways immediately after the detection of the first infection (21, 22) have prolonged the transition time to chronic infection. In Wisconsin, CF patients suffer from chronic *P. aeruginosa* infection at a median age of 13 (20), and, in the CF center in Copenhagen, Denmark (not included in the present study), virtually no patient below the age of 15 in the year 2002 was chronically infected, whereas 75% of comparable CF patients had become chronically infected in the period until 1975 (T. Pressler, personal communication). Although early antibiotic therapy significantly reduced treatment costs (22), compared with therapy for chronically infected patients, the flagella vaccine, given three times initially with boosters every year could be even more cost effective and require less medical intervention, depending on the price of a marketed vaccine preparation and the success rate of the antibiotic treatment strategy in various countries. Ideally, both strategies could be combined. Quarterly microbial cultures and serology to monitor both vaccine efficacy and *P. aeruginosa* status, would allow fine-tuning of booster doses and initiation of inhaled antibiotic therapy.

The recently developed use of antibiotic therapy after detection of *P. aeruginosa* in any throat culture from a CF patient still allows testing the efficacy of a vaccine to prevent acute infection of CF airways by *P. aeruginosa*, because antibiotics are rarely given prophylactically, and such a treatment is not encouraged by a European consensus statement (5). However, given the apparent ability of this intervention in preventing the development of chronic *P. aeruginosa* infection, it might be difficult to test whether the vaccine prevents chronic *P. aeruginosa* infection. This limitation was encountered in the present study, in which the mean age of the 483 patients was 7.5 ± 3.9 years, and the number of chronic *P. aeruginosa* lung infections was much smaller than anticipated before the onset of the study. During the study period, only 2 of 244 patients in the placebo group (0.82%) had repeatedly positive *P. aeruginosa* throat cultures and positive antibody titers to *P. aeruginosa* antigens, indicating chronic infection. Therefore, a significant difference between vaccine and placebo group was not observed, although the relative risk in the PP group for suffering from chronic *P. aeruginosa* pulmonary infection was 49% less in the vaccine group vs. placebo group.

Taken together, this study shows that active immunization of patients with CF lowers the risk for initial infection with *P. aeruginosa*. Although many of these patients may acquire *P. aeruginosa* infections later in life, delaying the onset of chronic

infection with *P. aeruginosa* should result in longer survival of these patients.

Materials and Methods

Study Subjects. From May 6, 1997, to February, 9, 2000, 483 patients with CF, ranging from 1 to 18 years of age were recruited for the study from 24 European CF centers. Patients were eligible for enrolment if they had CF that had been diagnosed according to conventional criteria, an age between 2 and 18 years, had no infection with *P. aeruginosa* as assessed by a negative throat swab culture and negative serum antibody titers against the *P. aeruginosa* antigens exotoxin A, and alkaline protease and elastase by using ELISAs wherein a positive titer is defined by the manufacturer (23) (Mediagnost, Reutlingen, Germany). All patients had an initial FEV₁ of at least 70% of the predicted value, a weight-to-height ratio of at least 90% and an oxygen saturation of at least 92%. Patients were excluded if they had a known allergy to thiomersal or mercury, a prolonged bleeding time or a pathological PTT value, were using immunosuppressive drugs such as systemic corticosteroids, or were participating in other clinical studies. Screening for *P. aeruginosa* infection was carried out 2 weeks before the first vaccination.

Study Design, Randomization, Administration of Vaccine/Placebo, and Safety Study. The phase III study was a randomized, double-blind, placebo-controlled, multicenter trial. The assumptions for the sample-size calculation were based on the original definition of the primary endpoint and on the assumption that 16% of patients treated with placebo will be infected by *P. aeruginosa* during the study period of 2 years. Assuming that vaccination would be clinically important in reducing the incidence of *P. aeruginosa* infections by 66%, 5.3% of patients treated with the vaccine should get infected during the study period. A sample size of 160 patients per group was needed for the statistical verification of such a result (Mantel-Haenszel test; one-sided significance level $\alpha = 0.05$; power, 90%). The choice of the one-sided significance level was based on prior safety data of flagella vaccine preparations in phase I studies. Allowing for drop-outs and withdrawals of up to 20%, recruitment of 400 patients was planned. Informed consent was obtained from all patients or their parents, and the study protocol was approved by the institutional review boards at the participating hospitals, the biostatistician, the International Steering Committee, the Supervisory Board, and the respective administrative bodies of the European countries Germany, Italy, France, and Austria. The study was conducted according to International Conference on Harmonisation (ICH)/good clinical practice (GCP) and CONSORT guidelines.

Patients were randomized in blocks of 12 patients in a 1:1 ratio between vaccine and placebo by using random numbers, generated by the algorithm of Wichmann and Hill (24), stratified by center. For each patient, a package of four prefilled 1-ml syringes, numbered with the randomization code, and containing either 40 μ g of flagella protein (20 μ g of flagella of subtype a₀a₁a₂ from *P. aeruginosa* strain 1210 and 20 μ g of flagella of subtype b from *P. aeruginosa* strain 5142), 2 mg of aluminum hydroxide, and 0.1 mg of thiomersal or 2 mg of aluminum hydroxide and 0.1 mg of thiomersal only, was provided. Allocation of patients to vaccine or placebo was successfully concealed by the manufacturer who provided the allocation list to the statistician (C.M.) only after closure of data entry at the end of the trial on April 19, 2003. Furthermore, the statistical analysis plan was finalized before unblinding. The patients were assigned by the clinical investigators in the CF centers to the packages in ascending numerical order as they were enrolled consecutively in the study. The patients received the contents of three syringes by intramuscular injection during CF clinic visits, one syringe every 4 weeks and alternating between the right and left upper arm.

After 1 year, the content of a fourth syringe was injected in the left upper arm. Patients were physically examined before and 1 hour after the vaccinations for blood pressure, pulse frequency, respiratory rate, and body temperature.

At the beginning of the study, the safety of the vaccine was assessed in 48 CF patients fulfilling the same inclusion criteria as described above. The patients received the first three intramuscular injections of the bivalent vaccine or placebo according to the phase III protocol as described above. One month after the third injection, the number of adverse reactions was compared between vaccine and placebo groups by an independent investigator in a blinded fashion. No statistical difference was noted between the two groups. Based on the decision of a supervisory board, the 48 patients continued the phase III study according to the protocol, and an additional 435 CF patients were enrolled.

Analysis of Adverse Effects and Premature Termination of Study. The following adverse reactions were assessed 1 hour after the injections: pressure sensitivity, redness, swelling, pain, temperature, nausea, chill, headache, limb pain, and any other adverse reactions. Adverse reactions were documented by the patients or their parents at home during the first week after each infection.

Analysis of Outcome Measures. The protocol specified one primary outcome measure for evaluating the efficacy of the vaccine: the lower frequency or complete absence of *P. aeruginosa* infection in the vaccine group compared with the placebo group during the 2-year observation period of the study. Diagnosis of a *P. aeruginosa* infection was defined as having one or more *P. aeruginosa*-positive throat swabs or positive serum antibody titers against the *P. aeruginosa* antigens alkaline proteinase, elastase, and exotoxin A (primary endpoint I). During the study, the protocol was amended, and a primary endpoint II was introduced, based on the identical assumptions as for the original endpoint. The primary endpoint II was defined as three positive throat swabs and/or three positive serum antibody titers against *P. aeruginosa* antigens (see below) within a 12-month period during the study, to assess chronic *P. aeruginosa* infection in the patient groups. The assumptions for the power calculation for the primary endpoint I have also been applied to the primary endpoint II. Secondary criteria for efficacy were (i) a difference between the vaccine and the placebo groups in specific serum antibody titers against the inoculated antigens and (ii) the distribution of *P. aeruginosa* flagella subtype strains between the vaccine and the placebo groups.

Throat swabs were evaluated for *P. aeruginosa* by routine culture in the microbiological laboratories of the CF centers at each visit of the patients. Serum samples taken at each visit and stored at -20°C were assessed by a central laboratory for serum antibody titers to *P. aeruginosa* antigens alkaline proteinase, elastase, and exotoxin A at the former Institute of General and Environmental Hygiene, University of Tübingen. In addition to

the assessment of antibody titers against the three *P. aeruginosa* antigens and to document the immunological reaction to the vaccine antigens, sera were analyzed for antibody titers to the *P. aeruginosa* flagella "a" and flagella "b" subtype antigens by ELISA (10).

The distribution of gender, age, height, weight, and FEV1 (% of predicted value) were compared in the two groups at the time of admission to the study, by using means and SD, respectively, using frequencies. The statistical evaluation of the primary outcome measures were performed according to the ITT and the PP principle. The null hypothesis of identical incidence rates in the vaccine and placebo groups was tested by using the one-sided Mantel-Haenzel test. The ITT analysis addresses the primary hypothesis of the study. The multicenter nature of the study was taken into account by using stratified methods. The level of significance was set to 0.05. The results of the statistical tests were given with their nominal *P* value. For all of the other parameters, the observed effects were described with the usual statistical values such as frequency tables, means, medians, 95% C.I., and ranges. Data entry was performed by two individuals, independently into an MS-Access 97 database. SAS was used for statistical analysis (version 8.0; SAS Institute, Cary, NC).

***P. aeruginosa* Flagella Typing by Indirect Immunofluorescence.** *P. aeruginosa* isolates were cultured overnight in tryptic soy broth (TSB), centrifuged, and washed three times with PBS. Ten microliters of the suspensions were fixed on glass slides with 4% paraformaldehyde, incubated with swine serum (1:10 in PBS), (Dako, Hamburg, Germany) for 30 min and then with different monoclonal antibodies against flagella for 1 h at room temperature. Monoclonal IgG1k antibodies (Baxter, Vienna, Austria), raised against flagella of *P. aeruginosa* strain 1210 (subtype a₀a₁a₂; PAM2) and strain 5142 (subtype b; PAM26) were used. After washing, antibody binding was detected by using indocarbocyanin 3-(Cy3)-conjugated goat anti-mouse IgG (Dako) after incubation in a dark chamber for 1 h. Bacterial DNA was stained with 5 $\mu\text{g}/\text{ml}$ DAPI, and the samples were embedded with fluorescence mounting medium (Dako).

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